

Uncle
Jesse
Hughes
McCarrell's
Mound

Introducing . . .

TRAINING CENTER

Xtreme

Taking Fitness to the Next Level

At **Xtreme Training Center**, our Xtreme Team is committed to helping you push yourself to the next training level, whether you are just introducing exercise to your life or vigorously training for competition. We will help you stay Xtremely challenged and Xtremely fit!

Utah's Only Licensed Fitness Facility With

Billy Blanks'
TAE BO

**Monday & Wednesday
Friday**

**6:00 pm
5:30 pm**

BOOTCAMP

Tues & Thurs 6:30 am

Martial Arts

Tues & Thurs 7:30 pm

TAI CHI
Mon 7:00 pm

Spinning

Tues & Thurs 6:30 pm

HIP HOP
aerobics

Tues & Thurs 5:30 pm

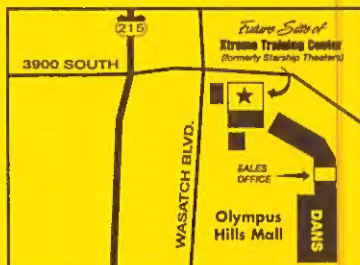
More Classes Available Soon!

So many workout choices, you won't know where to start! Totally state of the art and with no expense spared, the 14,000 sq. ft. fitness center will offer:

- Billy Blanks's TaeBo™
- Spinning® Classes
- BootCamp Classes
- Muscle Endurance Training
- Aerobic Programs
- Boxing Ring/ Bag Room
- Cardio Equipment
- State-of-the-Art Weight Room
- Personal Trainers
- Martial Arts Programs
- Kids Play
- Juice Bar
- Luxury Locker Rooms
- Steam Rooms
- Jetted Hot Tubs

We're going to the Xtreme. . . so you can too!

801-274-XTRM (9876)



OLYMPUS HILLS MALL

Watch for Billy Blanks Personal Appearance!

1st Class Free with flyer



Billy Blanks & Anne Emde